# OXYGEN ▲DVANTAGE®

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# ATHLETES' MASTERCLASS
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## What is the Oxygen Advantage® and how does it benefit athletes?

It's a proprietary set of scientifically proven breathing techniques that improve an athlete's:

- VO2max and anaerobic threshold
- Oxygen uptake and muscle oxygenation
- Levels of fatigue and lactic acid
- Breathlessness and recovery times
- General health and sleep quality

## Do I need to be an elite athlete to benefit from the Oxygen Advantage®?

While elite athletes benefit a great deal from the Oxygen Advantage®, recreational and competitive amateurs typically see significant improvement in their athletic performance and training enjoyment.

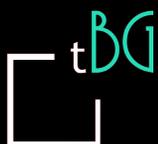## How long is the Oxygen Advantage® Masterclass and breathing training process?

- The Oxygen Advantage® Masterclass typically lasts 4 hours.
- The breathing training process varies given the athlete's situation and how they breathe.
- Most will spend 3-4 weeks training their breath, although some benefits are usually seen in the first week.

## What will I take away from the Oxygen Advantage® Masterclass?

- An understanding of the 8 ways the Oxygen Advantage® improves athletic performance.
- Mastery of the Oxygen Advantage® breathing techniques.
- Breathing training road-map and plans to take full advantage of the Oxygen Advantage®.

## What topics are covered in the Oxygen Advantage® Masterclass?

- The science of breathlessness
- Breathing efficiency
- Two ways to maximize muscle oxygenation
- Using the breath to simulate high-altitude training even if you live at sea-level
- Improving VO2max and AT
- Delaying the onset of lactic acid and fatigue
- Using the breath to enter The Zone
- Pre-training and pre-event preparation
- The suite of Oxygen Advantage® breathing techniques and how to tailor them to your training needs